UNIVERSITY OF CALIFORNIA
4-H Youth Development Program
CITIZENSHIP LEADERSHIP LIFE SKILLS

The 4-H Network

Connecting all of Kern County

MAY 2013

*9	Project Medal Testing 6:00 p.m.	John Borba 661-868-6200
11	Horse Show	Harold Tolbert 661-205-1975
11	County Music Project Meeting Bakersfield Convention Center 7:00 p.m.—9:00 p.m.	Jenine Snoddy 661-979-4365
*14	FINAL Record Book Workshop 7:00 p.m.—8:00 p.m.	Veronica Slaton 661-868-6235
*15	Project Medal Testing 6:00 p.m.	John Borba 661-868-6200
18	Horse Project Testing at Kristen Hart Ranch 10:00 a.m.	Harold Tolbert 661-205-1975
*20	Horse Leader Meeting, 6:30 p.m.	Harold Tolbert 661-205-1975
25	State 4-H Field Day - UC Davis	
*28	Ethics Training Class 5:30 p.m.—6:30 p.m.	Julie Beechinor
*28	Leader Council, 7:00 p.m.	Chris Diniz 661-213-4518
*30	Project Medal Testing 6:00 p.m.	John Borba 661-868-6200
*Meeting is at the UC Extension Office, 1031 S. Mt. Vernon Avenue, Bakersfield, CA		

JUNE 2013

3	Emerald Star Applications Due	Veronica Slaton 661-868-6235
*5	Rabbit Member & Leader's Meeting 6:30 p.m.	Sarah Legan 661-346-7293
15	4-H Rifle Match 9:00 a.m. - 5 Dogs Range	Orville Andrews 661-393-0473
*18	Budget/Calendar Planning Meeting 6:00 p.m.	Chris Diniz 661-213-4518
22	Sheep Progress Show 7:30 a.m. - Kern County Fairgrounds	Charlie Forshee 661-831-4205
*24	Horse Leader Meeting 6: 30 p.m.	Harold Tolbert 661-205-1975
*25	Field Day Planning Meeting 6:00 p.m.	Chris Diniz 661-213-4518
*25	Leader Council 7:00 p.m.	Chris Diniz 661-213-4518
30	**2012-2013 4-H Year Ends**	
*Meeting is at the UC Extension Office, 1031 S. Mt. Vernon Avenue, Bakersfield, CA		

HIGHLIGHTS IN THIS ISSUE

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Do you have a photo for the newsletter?

E-mail photos to

vaslaton@ucdavis.edu

NEWSLETTER DEADLINE!

Articles/photos for the next issue of

The 4-H Network

must be received by May 20

Kern County 4-H
1031 S. Mt. Vernon Avenue
Bakersfield CA 93307-2851
Phone: 661-868-6200
Fax: 661-868-6208
cekern@ucdavis.edu

Northwest 4-H members displaying the quilts they made

The University of California prohibits discrimination or harassment of any person on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (including childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994: service in the uniformed services includes membership, application for membership, performance of service, application for service, or obligation for service in the uniformed services) in any of its programs or activities. University policy also prohibits reprisal or retaliation against any person in any of its programs or activities for making a complaint of discrimination or sexual harassment or for using or participating in the investigation or resolution process of any such complaint. University policy is intended to be consistent with the provisions of applicable State and Federal laws. Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Equal Opportunity Director, University of California, Agriculture and Natural Resources, 1111 Franklin Street, 6th Floor, Oakland, CA 94607, (510) 987-0096.

New Leader Orientation NOW ONLINE!!!

Drum roll please.....our New Leader Orientation page is now UP AND RUNNING ONLINE! Any in person Orientations scheduled are now canceled, as it can now be accessed ONLINE anytime!

Please visit our County 4-H website at:
http://cekern.ucanr.edu/Youth_Development/
and look for the
"Becoming a New 4-H Leader" page to get started!!!
Please pass the word along to any potential leaders!!!

Food Safety Training Available ONLINE!

The State 4-H Office requires that every club have at least one 4-H leader trained in Food Safety. The more leaders in your club that are certified, the more convenient it is for your club. It is required that a certified volunteer is to be present at all bake sales/food booths to make sure proper food safety guidelines are handled. Food Safety trainings are available anytime online! Please visit the website below, and use the provided sign-in/user information:

Website: http://ucanr.edu/sites/MISKIS/
Username: miskis
Password: makeitsafe_1234

KERN COUNTY 4-H IS ON FACEBOOK!

Kern County 4-H is on Facebook! You can search for us: Kern County 4-H and 'like' us! We will post updates, important event reminders, announcements—all sorts of important things! It's the best way to keep up-to-date!

Send Coupons to Military Overseas

Did you know that overseas military members can use **expired coupons** up to six months past their expiration date? Military families stationed overseas are often living on one income and money can be scarce. Let's support our military by showing them some coupon love! Please join us each month to send our unused and expired coupons overseas.

Eligible Coupons:

- Send only Manufacturer **Coupons**;
- Do NOT send store or restaurant **coupons**.
- Do NOT send **coupons** that are over 30 days **expired.**

Mail or drop off your expired or unwanted coupons to our local 4-H office at:

UCCE –Kern County

1031 So. Mt. Vernon Ave.

Bakersfield, CA 93307

IDEAS THAT WORK

There are many new stories of 4-H program success happening all across California. Visit: http://www.ca4h.org/News/Media/ to read stories recently featured in the media.

RECORD BOOK INFORMATION

The 4-H Online Record Book (ORB) has approximately 4500 users statewide**. Did you know that the 4-H Online Record Book is not just for youth members?** Adult volunteers and county staff can access their own Online Record Book account using their 4-H Online user name and password. Adult volunteers can track their volunteer hours, communicate with youth in their clubs and projects and review and approve reports from their youth. To get started using ORB today, click on the following link: https://ucanr.edu/4hbook/login.cfm

The State 4-H Office is offering a 3-hour 4-H Online Record Book training for counties desiring it. This training (ORB Internet Café) will walk participants through how to use all aspects of the 4-H Online Record Book in a fun and engaging way. Please contact your county office if you desire to bring this training to your area.

For general information and help about the Online Record Book, please check out the following resources:

ORB Webinar Archives— http://www.ca4h.org/Resources/Members/RecordBook/ORB/
ORB Login Help— http://www.ca4h.org/files/121045.pdf
ORB Support (if you aren't sure how to do something in ORB)—
Please contact your county office
ORB Bug Report (if a feature within ORB is not functioning correctly) —
http:/www.ca4h.org/recordbookbugs/

4-H WEBSITES

http://cekern.ucdavis.edu/Youth_Development/

http://www.areyouintoit.com

http://www.fourhcouncil.edu

http://www.4-h.org/fourweb

http://www.ca4h.org

4-H ENROLLMENT WEBSITE

https://california.4honline.com

4-H VOLUNTEER WEBSITE
http://ucanr.org/4-hvolunteers/

Statewide 4-H Advisory Committees

We are now accepting statewide 4-H Advisory Committee applications for the 2013-14 program year. The statewide 4-H Youth Development Program (YDP) Advisory Committees are a representative group of 4-H members, adult volunteers, county and state 4-H YDP staff. The committees offer insight, review and input for the operation and management of the statewide 4-H YDP. Please note that there is now an online option to apply. We advise applicants to read the advisory committee descriptions for additional materials that may be required depending on the committee.

Applications are due online by **11:59pm, May 31, 2013** or mailed to the CA State 4-H Office postmarked by **May 31, 2013, or online by 11:59pm on May 31, 2013**. For more information, see:

http://www.ca4h.org/Administration/Advisory Committees/

IMPORTANT INFO about DOJ Fingerprint Clearances!

While we finally got things straightened out for the future of our California Department of Justice (DOJ) Livescan fingerprint clearances, we still have a problem with recent-past ones. ***If you had your fingerprints ran through a Livescan agency from November 1, 2012 - February 1, 2013 we do not have your clearance***….the DOJ system auto deleted your notification. We can get another re-print of your fingerprint notification, we just need you to contact us with some specific information. We will need ***your full legal name, your date of birth (including year) and the ATI # from the agency where you got your Livescan done***. This number would have been written on your copy of the Fingerprint Request Form that you would have taken to get Livescanned. If you cannot provide this information to us, please still contact us so we can figure out our next step in getting your fingerprint clearance. **Contact Veronica Slaton - 661-868-6235 or** ***vaslaton@ucdavis.edu***

Kern County 4-H Program Evaluation!!!

It seems lately that we have had less and less attendance in county events, scholarships and the All-Star Program in Kern County. We have also noticed a few other trends, and with the rise of technology we want to make sure that we are not only doing as much as we can to reach out to our 4-H audience, but to make sure the word is actually getting out to you!!! We have set-up a broad survey covering several topics so that we can evaluate here in Kern County. We truly appreciate that you are taking the time to do this survey; please be completely honest when answering these questions. The information is anonymous and we are only using the data of the answers to see how we can better our program! We are asking all leaders, parents and even older members to take it...please feel free to share and encourage others to take it as well!

You can find the quiz here: http://ucanr.edu/kc4hquestions

Kern County 4-H Club Treasurer Book

Judging Guidelines

All club Treasurer Books must be submitted to the Cooperative Extension Office for review, whether or not they are being considered for competition. If you would like to have your Treasurer's Book judged, include a copy of the *Club Treasurer Book Judging Form* along with the book when you turn it in. Be sure to have it as the first page of the book. The Treasurer's book must contain a completed *4-H Club Peer Review Report* and a *4-H Year-End Peer Review Checklist*. You may use a standard ACCO-type folder or a three ring binder. Use dividers between sections. The Treasurer's Book is to be organized as follows:

4-H Club Peer Review Report (Form 8.5)
(http://www.ca4h.org/files/19876.pdf)

Year-End Peer Review Checklist (Form 8.6)
(http://www.ca4h.org/files/19877.pdf)

Annual Financial Report (Form 6.3)
(http://www.ca4h.org/files/23114.pdf)

Monthly Ledger Reports (Form 8.1)
(http://ww.ca4h.org/files/23115.pdf)

Annual Inventory Report (http://www.ca4h.org/files/19875.pdf)

4-H Club Budget (http://www.ca4h.org/files/23117.pdf)

(Optional) Reconciliation Statement on Outstanding Checks

The book may be typed or handwritten. Use the *Club Treasurer Book Judging Sheet* as a guide when preparing your book.

Kern County 4-H
Club Treasurer Book Judging Sheet

Category	Points Allowed	Judge's Score
1. Period of time covers 1 year (July 1st – June 30th)	**5 points**	
2. 4-H Club Peer Review Report (Form 8.5) & Year-End Peer Review Checklist (Form 8.6) * Audit date provided * Peer Review Committee does not include signers on account or relatives of signers * Completed committee review report * Signatures of Peer Review Committee	**10 points**	
3. Annual Financial Report (Form 6.3) * Accuracy, information corresponds to monthly ledgers * Completeness, includes EIN number	**10 points**	
4. Monthly Ledger Reports (Form 8.1) * Accuracy, completeness, in chronological order * Checks in proper numerical sequence (note if checks are lost) * Voided checks marked as such on ledger sheets and check register and voided checks provided (if club had any) * Monthly bank statement included, cancelled checks (or bank copies), and reconciliation reports * Numbered club receipts provided for all income received – cash and checks * Deposits slips provided for all transactions * Expense documents provided all transactions (bills, sales slips, etc.)	**60 points**	
5. Annual Inventory Report (Form 6.2) * Completeness, provides inventory acquired during the year	**5 points**	
6. 4-H Club Budget (Form 8.3) * Completeness, projection * Budget covers 1 year * Approval date provided * Includes signatures of President, Treasurer, and Community Club Leader	**5 points**	
7. Overall Appearance, Neatness, and Effort * Information organized in binder provided by UC Cooperative Extension Office * May be typed or written, if written it must be neat and easy to read	**5 points**	
Total Points	**100**	
Bonus Points (Optional) Reconciliation Statement	**5 points**	
County Award is earned if Grand Total points are 90 or above.	**Grand Total**	

Kern County 4-H Club Secretary Book

Judging Guidelines

All club Secretary Books must be submitted to the Cooperative Extension Office for review, whether or not they are being considered for competition. If you would like to have your Secretary's Book judged, include a copy of the *Club Secretary Book Judging Form* along with the book when you turn it in. Be sure to have it as the first page of the book. The Secretary's book must contain a completed *4-H Club Program Planning Guide* and a *4-H Outreach Documentation Form*. You may use a standard ACCO-type folder or a three ring binder. Use dividers between sections. The Secretary's Book is to be organized as follows:

1. *4-H Club Program Planning Guide* (http://www.ca4h.org/files/19662.doc)
2. *4-H Unit Bylaws* (http://www.ca4h.org/files/4706.doc) and *4-H Unit Constitution* (http://www.ca4h.org/files/85683.doc)
3. List of Club Officers
4. *Annual Club Planner* (http://www.ca4h.org/files/19659.pdf)
5. *4-H Club Meeting Planner* (http://www.ca4h.org/files/19659.pdf)
6. Roll of 4-H Members and New Members
7. *Annual Inventory Report* (http://www.ca4h.org/files/19875.pdf)
8. *4-H Club Meeting Minutes* (http://www.ca4h.org/files/19659.pdf)
9. *Annual Financial Report* (http://www.ca4h.org/files/23114.pdf)
10. *4-H Outreach Documentation* (http://www.ca4h.org/files/19659.pdf)
11. Committee Reports
12. (Optional) Executive Board Minutes/Correspondence

The book may be typed or handwritten. The new member's signature page will not be judged for neatness. Use the *Club Secretary Book Judging Form* as a guide when preparing your book.

KERN COUNTY 4-H
CLUB SECRETARY BOOK
JUDGING FORM

Judge #____	Points Allowed	Judge's Score
1. *4-H Club Program Planning Guide* a. Secured inside front cover of Secretary Book b. All required signatures on form	5 points	
2. *4-H Unit Bylaws & Constitution* a. Included and complete with most current version meeting State 4-H Office standards	5 points	
3. List of Club Officers a. Completeness and accuracy	5 points	
4. *Annual Club Planner* a. Completeness and accuracy	5 points	
5. *4-H Club Meeting Planner* a. Completeness and accuracy	5 points	
6. Roll of 4-H Members and New Members a. Completeness and accuracy b. New member's signatures	5 points	
7. *Annual Inventory Report* of club property a. Completeness	5 points	
8. 4-H Club Meeting Minutes a. Spelling, grammar, completeness b. If minutes are long, add 8 ½" x 11" sheets of paper	40 points	
9. *Annual Financial Report* of Treasurer a. Completeness and accuracy b. Summary matches club Treasurer Book	5 points	
10. *4-H Outreach Documentation* Form a. Completeness b. Meets required standards c. Includes samples of flyers, news releases, etc.	10 points	
11. Committee Report Forms a. Completeness	5 points	
12. Overall Appearance a. Written or typed b. All pages completed, book in proper order, dividers with tabs	5 points	
TOTAL POINTS 100 POINTS		
BONUS POINTS (Optional) Executive Board Minutes and other correspondence	5 points	
County Award is earned if Grand Total points are 90 or above.	**GRAND TOTAL**	

Comments:_____

_____

_____

(Feb. 2012)

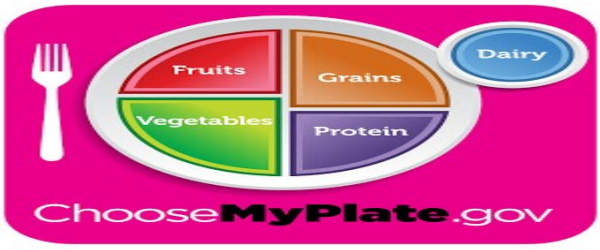
State Fashion Revue is May 25 as part of State Field Day at UC Davis. Information is online at http://www.ca4horg/Programs/Events/SFD/SFR/. Recently posted documents include Guide for Judges, Rubric Scorecards and Information Forms. Adults interested in volunteering as Judges or Room Monitors may register at http://ucanr.edu/sfr2013judges. We hope all counties are actively engaged in the SFR service projects: Drawstring Bags, A Zoo of Hugs (softy animals), and Little Dresses & Shorts for Africa. See the flyers on the website for details. SFR is still accepting monetary donations to sponsor garment bag awards, as well as small items for welcome bags; contact Lorita Sutton at loritas@sbcglobal.net. Counties, please let Jillian Milam Barden know the names of your qualifying members, jmmilambarden@ucanr.edu. Registration of youth participants opens April 1 to May 12. Contact Sue Moore, Registrar with questions about categories, qualifying or entering, 2moores@mlode.com.

Save the Date:
State 4-H Field Day 2013
May 25, 2013
UC Davis

The State 4-H Field Day takes place annually on the Saturday of Memorial Day weekend at the UC Davis campus from 8:00am until 6:00pm. The event is open to all 4-H members, volunteers, staff, and parents.

More information will be released in January 2013. For more information, go to:

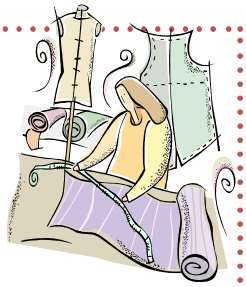
http://www.ca4h.org/Programs/Events/SFD/



4-H MyPlate Challenge at 2013 State Field Day

In 2011 the U.S. Department of Agriculture (USDA) unveiled the federal government's new food icon, MyPlate, to serve as a reminder to help consumers make healthier food choices. 4-H is challenging YOU to show how you're making YOUR plate MyPlate. We invite you to submit a photograph illustrating how you're creating healthy meals using MyPlate as a guide. 4-H members do not need to pre-qualify at a county event. More details about this contest can be found at:http://www.ca4h.org/Programs/Events/SFD/4-H_MyPlate_Challenge/

Fashion Revue:



State Fashion Revue committee has received questions about the 2 Yard Wonder category. To clarify, a garment and coordinating accessory are created out of a two yard length of 45" wide woven cotton fabric. For the garment and accessory, only this piece of fabric may be used (for example, no additional fabric for lining). Take a photo holding the two yards of fabric. Members may use any pattern and the outfit may include other sewn or purchased garments and accessories. SFR is coordinating 3 service activities. The Drawstring Bag service project will provide tote bags for children going into foster care. If you would like to contribute tote bags, please go to the SFR website for instructions, http://www.ca4h.org/Programs/Events/SFD/SFR/. You may bring completed tote bags to State Fashion Revue or contact Megan at meganladytink@gmail.comor Courtney at cjam11219@gmail.comfor mailing information.

ETHICS TRAINING CLASS

Tuesday, May 28, 2013
5:30 p.m. to 6:30 p.m.
Kern Cooperative Extension Conference Room

Training Class is required if going to State Fair
Certificate is valid for four (4) years
4-H members, 9-19 years old

Instructor is Julie Beechinor
Frontier High School FFA and Ag Instructor

CALIFORNIA FOCUS

June 14-18, 2013

California Focus is a unique citizenship educational experience that combines hands-on participation in workshops, debates and simulations with speakers, tours, fun activities and new friends from across California. http://ucanr.org/sites/UC4-H/Projects/Citizenship/Focus/CF/.**Online Registration will be available February 1, 2013**

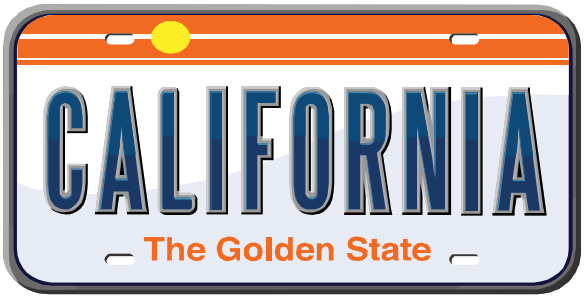
Special Recognition at 2013 State Presentation Day

A special recognition pin will be awarded for youth who participate in State Presentation Day and focus their presentations on healthy living. This year's focus area is physical activity. Potential topics may include muscle strengthening, heart rate importance, workout wear, Zumba, activity log, exercise trends, fitness apps, stretching, benefits of exercise, fun ways to workout, 'exergaming', recreational sports, types of activity, making time for fitness, safe places in your community to be active, and more. For details visit: http://www.ca4h.org/Programs/Events/SFD/PD/Recognition_Opportunities/

2013 4-H State Leadership Conference
July 25-28, 2013 at UC Davis
Celebrating 100 years of California 4-H.

This year's theme: ***There's no place like 4-H***

The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience.*http://www.ca4h.org/Programs/Conferences/SLC/*



Project Medal Testing

Each year 4-H members can take medal tests for a variety of different projects in the 4-H program. Bronze, silver, and gold level tests are available to test the knowledge of the individual member. If a member passes the test, s/he is awarded a medal for their 4-H hat at Achievement Night. For more information about project medal testing visit the website at:
http://cekern.ucanr.edu/Youth_Development/Project_Levels_Study_Guides/

Project medal testing at the UC Extension Office will be held at the following dates and times:

Thursday, May 9	6:00 p.m.
Wednesday, May 15	6:00 p.m.
Thursday, May 30	6:00 p.m.

Horse Project Medal Testing will be held:

Saturday, May 18 10:00 a.m. at Kristen Hart Ranch

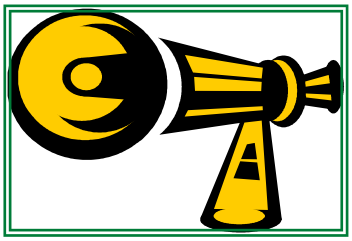
Pygmy Goat Gold Medal Testing involves hands-on work with an animal. To take the pygmy goat gold test, you must contact the chair, Nancy Hillberg at 661-393-0473, and set up an appointment between April 29 – May 4.

KERN COUNTY 4-H FIREWORKS BOOTH!!!

July 1st through July 4th
13011 Stockdale Highway
(Sonic Shopping Center)

Clubs are required to work 2-3 hour shifts.
Must be 18 and over to work.

Please call Teresa Andrews at 661-979-1003 to schedule shifts, or come to the May or June Council Meeting to sign up!



CALL FOR COUNCIL OFFICER NOMINATIONS

The Kern County 4-H Leader Council is seeking nominations for the 2013 – 14 executive board to include, president, vice-president, secretary, treasurer, ag coordinator, and home ec coordinator. If you or someone you know would like to run for one of these offices, please email Roger Hillberg at: rnhillberg@yahoo.com

The National 4-H Hall of Fame

A 4-H Centennial Project of the National Association of Extension 4-H Agents

National 4-H Hall of Fame Ceremony Opportunity

Due to the State 4-H Office by: May 17, 2013

This year the National 4-H Hall of Fame Task Force of NAE4-HA would like to offer two 4-H youth the opportunity to play a unique role in the 2013 Hall of Fame Ceremony which will be held on October 11, 2013 at the

National 4-H Center in Chevy Chase, Maryland. The Task Force will be selecting a Youth Master/Mistress of Ceremonies and a Youth Entertainer to assist with the National Hall of Fame Ceremony. Details on how to apply are provided on the respective applications:

National 4-H HOF Entertainer Application
National 4-H HOF Master/Mistress of Ceremonies Application

Applications are due to the California State 4-H Office by **May 17, 2013** so applications can be reviewed and nominations from California selected and submitted by the deadline. If you have any questions, contact Shannon Dogan at sjdogan@ucdavis.edu or 530-754-8518.

APPLY TO THE CALIFORNIA 4-H TECHNOLOGY LEADERSHIP TEAM

For those 4-H members and volunteers with an interest in technology! Candidates must have some type of technology experience which could include photography, video, website design, social media, hardware, GPS/GIS, computer support, graphic design, 3D imaging, smartphones, programming, biotech, engineering, technology & society. The California 4-H Technology Leadership Team is composed of 8-15 4-H members, volunteers and staff who serve a 14 month term starting July 1. Candidates must be 16 years of age.

Applications Due May 31, 2013

http://www.ca4h.org/Projects/SET/Tech/CTLT/

DOG MEETINGS

May classes: Wednesday May 8th and Wednesday May 15th

Fruitvale-Norris Park at 6:00 p.m.

Medal level testing is available at April 30th Meeting for those who need it. Bring your sheet if you have one. There will be one or two meetings in June. July and August meetings will be on Thursdays at the SPCA due to the projected heat.

Claudia Burke, Kern County 4-H Dog Care and Training
7216 Cedarcrest, Bakersfield, CA 93308
661-393-1914

Article by Caitlyn Siratt ~ Kern Valley 4-H Club Reporter

On Saturday April 20, it was standing room only in the community room at the Senior Center, as the Kern Valley 4-H Poultry Group presented a workshop on how to raise backyard chickens at the 2013 Living Green Festival. Each member of the group made a few Power Point presentation slides on their specific topic. Some of the topics included housing, poultry health, chicks, eggs, geese, turkeys, roosters, and predators. Each member got up to talk about their slide. Members each brought their chickens and explained to those in attendance what showmanship was like. They also sold eggs from the group members' laying hens. The poultry group hopes to share their presentation to more groups and other events around the valley.

Kern Valley 4-H Poultry Group members from left to right; Delaney Lykins, Caitlyn Siratt, Megan Lane, Lydon Olivares explain the steps of showmanship and how to examine poultry for health issues during the group's Backyard Chicken Workshop at the Living Green Festival at the Senior Center in Lake Isabella on Saturday, April 20.

Kern Valley 4-H Poultry Group members meet with the public who attended the Backyard Chicken Workshop at the Senior Center in Lake Isabella on April 20. Members were on hand to answer questions about poultry and display their birds.

SAVE the Date! November 8-10, 2013

100 Years and Thriving – Come celebrate California's Centennial of 4-H with your 4-H colleagues at the **State 4-H Leader's Forum** (SLF) at the Crowne Plaza in Sacramento. More information will be on the CA State 4-H website by the end of January. In the meantime, we are recruiting workshop presenters for this momentous event. Traditions or transitions, changes or choices, what kinds of information, issues, inspirations will you share with the delegates? Please contact Mary Engebreth -maryengebreth@comcast.net with suggestions of topics and/or experts.

2013 State Fashion Revue Challenge

"2 Yard Wonder" Challenge

Using a 2 yard length of 100% cotton fabric, 44/45" wide, sew a garment and an accessory. Additional fabric is not allowed for the garment and accessory. There is no specific pattern requirement. Additional garments to complete the outfit may be sewn or purchased. Take a "before" photo of the member holding the piece of fabric and an "after" photo wearing the outfit. The entry must be sewn by the member as part of his/her 4-H Clothing & Textiles project.

Duct Tape Challenge

By popular demand, this Challenge was added for 2013. Create a wearable garment out of duct tape such as a jacket, shirt, pants, skirt or dress. The member may choose to begin with a purchased garment or not. Additional garments, accessories, fabric and materials may be added. This entry does not need to be part of the 4-H Clothing and Textiles project.

Consumer Science - Purchased $19.99

Be a wise consumer, develop decision-making skills and shop in new places with a new perspective. Create an entire outfit without spending over $19.99. Receipts are required for all visible garments and accessories except shoes. Sales tax does not count in the limit. No prior purchases or gifts are allowed; receipts must be dated during the 2012-13 4-H year. There is no specific 4-H project requirement.

CALIFORNIA 4-H PHOTOGRAPHY COMPETITION

State 4-H Field Day | May 25, 2013 | UC Davis

Enjoy photography? Looking for opportunities to showcase your photographs to fellow 4-H members from around California? Enter in the California 4-H Photography Competition to showcase your work and for a chance to win awards such as Best of Show! Any 4-H member aged 9-19 can participate. Does **NOT** have to be enrolled in the photography project to enter! Held in Hart Hall at UC Davis from 8:00 am - 5:00 pm. Hosted by the California 4-H Technology Leadership Team.

REGISTRATION OPEN FEBRUARY 15-MAY 3, 2013!

Website: http://goo.gl/NEHmK

Questions?

John Trammell

Competition Coordinator

techdude4h@gmail.com

(909) 844-1747

CALIFORNIA 4-H TECHNOLOGY LEADERSHIP TEAM

2013 Range Camp

29th ANNUAL RANGE AND NATURAL RESOURCES CAMP

JUNE 16-21, 2013

ELKUS YOUTH RANCH - HALF MOON BAY, CA

Presented by: California-Pacific Section of the Society for Range Management

Where students 15-18 years old can discover the science and management of our natural resources from experienced professionals and university faculty.

Sessions and Activities include:

- Riparian Habitats
- Rangeland Ecology
- Wildlife Management
- Soils
- Forestry
- Plant ID

- Recreation
- Private & Public Lands
- Watershed Hydrology
- GPS / GIS Technology Applications
- Tour of Working Ranch
- Team Project Planning Competition

Cost: $400

Applications can be downloaded from the CALPAC website:
http://www.rangelands.org/casrm/HTML/rangecamps.html

"Top Camper" Contest: Plant ID test, subject matter exam & staff evaluation

Top three placing students* given opportunity to represent California-Pacific Section, SRM at the Society for Range Management's High School Youth Forum, in Orlando, FL – Feb 7 - Feb 10, 2014 (all expenses paid for top two students) and belt buckles. All participants receive t-shirts and camp completion certificates.

**Must be a current high school student in Feb '14*

Sponsored By:

California-Pacific Section of the Society for Range Management (SRM)
U.C. Cooperative Extension
California Association of Resource Conservation Districts (CARCD)
Host District – San Mateo County RCD
East Bay Municipal Utility District
U.S. Navy – Natural Resources Program
USDA-Natural Resources Conservation Service

For more information contact:

Mary Kimball, Northern California..... (530) 795-1520; mary@landbasedlearning.org
Theresa Bechettii, Central California..... (209) 525-6800; tabecchetti@ucanr.edu
Cece Dahlstrom, Southern California ..... (619) 532-2269; carol.dahlstrom@navy.mil

CALIFORNIA 4-H HORSE CLASSIC

Save the Date: June 26-30, 2013

The California 4-H Horse Classic is at Brookside Equestrian Park in Elk Grove (20 mins south of Sacramento)
We are offering Tenderfoot classes and Miniature Horse Classes this year. Tenderfoot classes are for those whom were unable to participate in a qualifying horse show. Also don't forget about our educational contests: Hippology, Horse Bowl, Horse Judging, Public Speaking, and demonstrations.

Hosting a Qualifying show for the 2013 California Horse Classic?
Register your show here: http://ucanr.edu/qualifying-shows for it to be considered a qualifying show for the 2013 California Horse Classic.

Criteria for a Qualifying Show:

- Show verified by County
- Up to 3 shows per county
- If your county has 3 horse shows, 1 show must be associated with a county fair
- Each horse show must be registered
- The Horse Show must offer the same classes that are offered at the State 4-H Classic (They may offer more if they choose too)
- Show must be before June 3rd, 2013
- Management of each show is required to send show results to Sarah Watkins at the State 4-H Office

Results can be sent via email to spwatkins@ucanr.edu or faxed to (530) 754-8541 or mailed to:
Sarah Watkins, CA State 4-H Office, 1 Shields Avenue, DANR Building, Davis, CA 95616

Looking for a Qualifying Horse show for the 2013 California 4-H Classic?
Visit http://ucanr.edu/classic-qualifiers to find a Horse Show near you!

New Horse Classic Blog
Visit http://ucanr.edu/blogs/HorseClassic/index.cfm for updates on 2013 California 4-H Classic!
Don't forget to subscribe to receive updates straight into your inbox!

AWESOME TIME

Awe! When was the last time you felt awe over anything? Awe is a hard thing to revive. Things become so familiar, even a lightning bolt, or a sunset, or a 4*H project meeting. Which is why in this Centennial Year of 4-H in California—"100 Years and Thriving", we aim to rekindle our capacity for awe, for experiencing the awe of what we do in 4-H, for relishing the awe-inspiring people we know in 4-H, for the awe of strengthening our vision of the future for 4-H. Join your fellow 4-H leaders and staff for an awesome experience, a networking opportunity, and a celebration of your 4-H commitment. Come to the State Leaders Forum in Sacramento on Nov. 8-10, 2013. Check our the web page http://ucanr.edu/slf2013 for information.

- The SLF Workshop Request for Proposal Form is ready for you to fill out and submit. It is due by **June 30, 2013**. http://ucanr.edu/slf2013workshop
- Each year for the SLF Silent Auction we find that items made by 4-Hers bring in the most money. If you know of youth who are clever and wish to donate a hand-made article that is worth $10 or more, please contact Louise Silacci moolu@unwiredbb.com
- The Tech Team wishes to have a head/shoulder picture of each and every 4-H volunteer in California. Please submit to John Trammel techdude4h@gmail.com. Pictures should be good quality, at least 600 KB in size. Title each photo with the name and county of person pictured.

4-H State Ambassadors

The California 4-H State Ambassador Program is a working honor that provides 4-H members expanded opportunities to serve the University of California 4-H Youth Development Program. The 4-H State Ambassador position is one of the highest service opportunities and recognition attainable in the University of California 4-H Youth Development Program. 4-H State Ambassadors are youth who have excelled in the areas of leadership and community service. They are selected to serve the 4-H Youth Development Program in roles that promote leadership through education and service. 4-H State Ambassador advisors are adult volunteers who are experienced in working with older youth in a youth-adult partnership atmosphere.

Youth candidates must have completed at least one year as a California 4-H Youth Development Program (YDP) member, and must be at least 16 years old on June 1, 2013 and no older than 18 years old as of December 31, 2013.

For more information visit: http://www.ca4h.org/Projects/Leadership/SA/

"I pledge my health to better living for my club, my community, my country, and my world!"

New Healthy Living Officer Position

Are you looking for ways to integrate healthy living practices into your 4-H Club? Starting in the 2013-2014 program year, California 4-H will be adding a Healthy Living officer position to the 4-H Officer Manual. The Healthy Living officer will serve as the club's ambassador for health! By choosing to elect a Healthy Living officer for your club is taking an active role in promoting healthy lifestyles. The Healthy Living officer will be the leadership for all health activities including: Providing ideas on how to incorporate physical activities and healthy eating into each club meeting, write Healthy Living articles for the club meeting, write Healthy Living articles for the club newsletter and adopting and promoting a club Wellness Plan. Please help ensure that the health "H" if 4-H is at the forefront of all our meetings—consider electing a Healthy Living officer!

The Choose Health Officer Guide developed by Cornell University Extension can be found at: http://www.ca4org/Programs/Clubs/Officers/

What does the Healthy Living Officer Do? ……..…..see next page!

What does the Healthy Living Officer do?

Education, family and peer support, and a community environment that promotes healthy behavior can strengthen the wellness of an entire community – such as a 4-H club! As the Healthy Living Officer, you will be responsible for educating, inspiring, and leading club members as they dedicate their "health for better living." You will provide leadership for all health-related activities and will help to inform and educate your club members on easy ways to incorporate physical activity and healthful eating habits into their lives. You will be working with other officers to provide insight into ways to introduce healthy living options at club meetings and activities throughout the year.

General Duties

- Meet with other club officers and the officer advisor before each meeting
- Serve as chair of the 4-H Club Health Committee
- Work with other club officers and leaders to develop a yearly plan for including health activated in each 4-H club meeting and activity
- Provide recommendations for club policies related to health
- Gain support from members and leaders to do a service learning project related to health
- Organize a "meet and greet" team to make new guests feel welcome and part of the group
- Report activities and accomplishments to the Club Reporter and complete any reports as requested
- Lead by example – model healthy living practices
- Provide the club with ideas on how to incorporate physical activities and healthy eating into club meetings and member's personal lives
- Write a Healthy Living article each month for the club newsletter

At Club Meetings

- Share nutritious snack ideas to the members responsible for club refreshments
- Announce health-related opportunities, events, and activities happening in the community
- Have members set a healthy living goal each month
- Track progress on the previous month's healthy living goal
- Coordinate with the Recreation Leader to lead a physical activity at every meeting (engage members in physical activity opportunities at every club meeting)
- Lead a brief activity during roll call
- Survey members to check if they increased healthy behaviors since the previous meeting (or limited unhealthy behaviors)

End of Year

- Complete the Healthy Living report for your club
- Encourage members to adopt more physical activity and healthful eating habits over the summer
- Consider organizing a health-related event such as a canned food drive, Rely for Life team, or community health night

Did you know that youth should exercise 60 minutes each day? Exercising regularly can help children sleep better, have more energy throughout the day, decrease anxiety and depression, and have more self-esteem!

More Information

- Cornell University Cooperative Extension
  Choose Health Officer Guide

NOTES FROM THE SHEEP BARN

MAY,2013

PICKING A GOOD MARKET LAMB

1. THE BIG PICTURE:

   Look for bright eyes, with no discharge around the eyes. Look for healthy looking wool, no spots with wool missing, this could be a sign of fungus.

2. MAKE SURE THERE IS GOOD CONFORMATION:

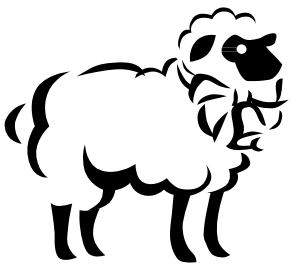
   Good top line: from the bottom of the neck to the dock should be as straight as possible. Look for a wide long loin from the 13th rib to the hip pin and across the back. Look for a good sound leg, good muscle. Straight legs, walks well. The dock line should be as straight as possible.

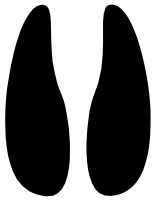
3. ALWAYS ASK YOUR PROVIDER IF THE LAMB HAS BEEN WORMED AND ASK IF IT HAS RECEIVED SHOTS FOR THE PREVENTION OF ENTEROTOXEMIA (OVER-EATING) AND TETANUS. THESE ARE VERY IMPORTANT.

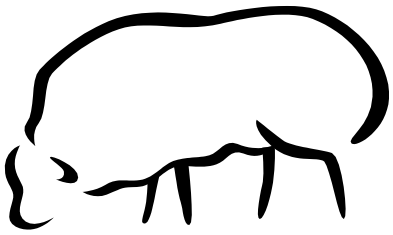
GOOD LUCK

CHARLIE FORESHEE

4H COMMUNITY SHEEP LEADER



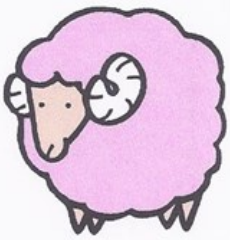




4-H SHEEP PROGRESS SHOW

JUNE 22nd, 2013

KERN COUNTY FAIR GROUNDS



4-H SHEEP SHOWMAN COME JOIN IN THE FUN :-)

GREAT FOR FIRST TIME SHOWERS TO SENIOR

GET READY FOR THE KERN COUNTY FAIR

CHECK-IN TIME: 7:30AM - 7:45AM AT SHEEP SHOW RING

ENTRY'S EXCEPTED AT RING SIDE

STARTING WITH SENIOR SHOWMANSHIP AT 8:00AM

ENTRY FORMS WILL BE IN 4-H NEWS LETTER, 4-H OFFICE, AND WILL BE AT DIFFERENT FEED STORES AROUND TOWN.

KERN COUNTY 4-H SHEEP PROGRESS SHOW

KERN COUNTY FAIR GROUNDS

JUNE 22ND,2013

ENTRY DEADLINE: JUNE 19th,2013

CHECK IN: 7:30am AT SHEEP SHOW RING

SHOW STARTS AT 8:00am WITH SENIOR SHOWMENSHIP

ENTRY FEE: $ 5.00 PER MEMBER ($7.00 ON SHOW DAY AT RING SIDE)

Show open to current 4-H members. Member can enter one lamb with no more then 1/4 inch of fleece. If member uses pens to hold lamb it is their responsible for cleaning it before leaving the fairgrounds. Uniforms are RECOMMENDED.

This show is a learning experience and is planned to help the members to perpare their lambs for the market class at the Kern County Fair. The judge will group lambs in three categories. 1) lambs that are doing good and are conditioned for fair. 2) lambs that are to big and over conditioned. 3) lambs that are small and under conditioned for fair.

DIVISION A: SHOWMANSHIP

- CLASS 1- 9TH GRADE AND ABOVE
- CLASS 2- 6TH,7TH, AND 8TH GRADE
- CLASS 3- **3RD,4TH,AND 5TH GRADE**
- CLASS 4- NOVICE 6TH GRADE AND ABOVE FIRST YEAR LAMB PROJECT (ONLY)
- CLASS 5- NOVICE 3RD, 4TH, AND 5TH GRADE OR 9 YEAR OLD MAMBERS AS OF 1/1/13

DIVISION B: MARKET LAMB

- CLASS 1- **LIGHT WEIGHT 0-90 POUNDS**
- CLASS 2- **HEAVY WEIGHT 91- & UP POUNDS**

MAIL ENTERIES OR HAND DELIVER TO:
KERN COUNTY EXTENSION OFFICE
1031 S. MT. VERNON AVENUE
BAKERFIELD,CA. 93307

MAKE CHECK PAYABLE TO: KERN COUNTY 4-H COUNCIL

ENTRY FEE: $ _____

NAME: _____ CLUB: _____

ADDRESS: _____ TELEPHONE # _____

GRADE JUST COMPLETED: _____ BIRTH DATE: _____

DIVISION	CLASS
A	
B	

I HEREBY ENTER THE ABOVE ANIMAL AT MY OWN RISK AND AM SUBJECT TO ALL THE RULES OF THE SHOW. I FURTHER AGREE THE KERN COUNTY 4-H CLUBS,KERN COUNTY FAIR AND ALL CLUB MEMBERS AND OTHER PERSONS SHALL NOT BE HELD LIABLE FOR ANY INJURY OR ACCIDENT TO EXHIBITOR,ANIMAL OR PROPERTY OWNED BY ME AS A RESULT OF PARTICIPATING IN THIS SHOW.THERE ARE NO REFUNDS.

MEMBER: _____ PARENT: _____ LEADER: _____